



BIOHACKERS

UPDATE MAGAZINE

BIOHACKING FOR NEW PARENTS
AUGMENTED REALITY LENSES
PHYSICAL CURES FOR STRESS
BOOST YOUR PRODUCTIVITY
ESSENTIAL OILS
FIREWALKING
AND MORE!



BIOHACKERSMAGAZINE.COM

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MARCH 2021



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Our New Categories

We've revamped our categories to bring you the same great content in a new swift order, based off pure simplicity and experience.

Outer - This branch contains concise and 'to the point' articles that just touch the surface of what biohacking is as a subject while relating to everyday life and how biohacking fits in.

Inner - This category takes a deeper and more scientific approach to biohacking. These articles focus on a more scientific and analytical theme of biohacking, breaking down more of the whys and hows behind it all.

Core - Within this sphere lie many specific and perhaps relatively new biohacking articles, all backed by science and studies, many of which are written by experts in their relative field. These articles bring it all back to the big WHY behind biohacking while connecting it to all the facts.

A hand is shown in silhouette, holding a glowing, wireframe brain. The background is a blurred landscape with a network of white dots and lines overlaid on it, suggesting a digital or neural network. The text is centered in the lower half of the image.

MESSAGES FROM OUR BIOHACKING TEAM

A LETTER FROM THE EDITOR

We do live in a time of intriguing possibilities. Of course, the world has always been that way in a sense. But if we look at just these past few months for example, we can clearly see a composition of both dark and insightful imaginations brought to life.

Any kind of pandemic is and has obviously been a gloomy risk that faces us as a human race. But from this we can also see the prospects of light and unification. The man that suffers a terrible loss can either die himself or live for their memory. It's a time where we, as biohackers must take on these seemingly destructive possibilities and use them in a creative fashion, better forging our life's armor with every heat singed- tribulation we've experienced.

Yes, Covid-19 and its ripple-effect has brought many hardships, many pains to us all. No one is debating that. It has also brought innovation and pushed creativity to an all-time high. We can see examples from the incredibly prepared vaccine, to the social challenges overcome in all sectors of social and business settings. For this reason, we

are in a time that calls for a new energy; a new vigor. Now that we are working our way out of the COVID-19 survival-era, we must place this newfound energy in ourselves for the improvement of the community, the nation, the world.

Now is the time of rejuvenation – placing our efforts and attention into vocations that will restore the world to its prime. And Biohacking is a great way to fulfill this mission. Struggle drives us to change for the better and by sharing what we have learned, we are ALL becoming closer to that ultimate image we have of the best version of ourselves.

Rejuvenation starts with recognition. Let us recognize our areas of improvement and be humble enough to learn from each other. Once we commit to the information, with enough passion, we become inspired and in time we become truly improved.

Biohackers Update – Informed - Inspired – Improved.

ABOUT DALLAS MCCLAIN



Born in the USA, Dallas is a passionate reader of personal development books and a tennis enthusiast. He is the Chief Financial Officer and Editor of Biohackers Update Magazine and the co-founder. He holds a bachelor's degree in Biological Sciences, as well as a TEFL level 5 certificate in teaching

English. He is currently living in Orlando, Florida with his wife and daughter where he enjoys writing, sports, and nature hikes in his free time. Dallas can best be reached at his email:
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A MESSAGE FROM OUR CHIEF OPERATIONS OFFICER, JEAN FALLACARA

We all aspire to live a long and healthy life, knowing that staying active is critical to achieving this goal.

As a scientist with years of expertise under my wing in blending concepts of neuroscience and calisthenics to supercharge training and performance, I recently became synonymous with the idea of biohacking.

When I wrote Neuroscience Calisthenics: Hijack Your Body clock, I was far from expecting to one day be involved in the production of a magazine!

Benjamin Franklin said there were only two things certain in life: death and taxes. But I'd like to add a third certainty: science.

It is due to the certainty behind science that I feel the connections between scientific research and longevity must be discussed.

Now, with acquirement of Biohacker's Update Magazine, I realize that the next step in my journey is to serve as a

guide for fitness enthusiasts, athletes, fitness trainers, biohackers, business owners, performers, and anyone who wants to adopt a healthy lifestyle along with those enjoying fast-paced sports even in the later years of their lives.

With this passionate team around me, we can continue to grow and learn, finding new ways to explore and fulfil our potential.

In a world of increasing extremes, empowering a community of positivity, collaboration and togetherness can only be a good thing. All in all, investing in our health, or any effort that we put in to be healthy, is one of the best gifts we can give to ourselves.

Let's start by doing what's necessary; then we will do what's possible.

Soon, we'll achieve the impossible.

After all, we only have one life!

ABOUT JEAN FALLACARA



Born in France, Jean is an athlete, entrepreneur, scientist, public speaker and an Art collector. He is the founder and CEO of Z-SC1 Corp and Cyborggainz and the COO of Biohackers Update Magazine. He is also the author of "Neuroscience Calisthenics: Hijack your Body Clock." Jean holds a bachelor's degree in biochemistry, a master's degree

in immunology and genetics, and an engineering degree in biotechnology. He has also studied neurosciences and brain functionalities, and law and finances. He is currently living in Montreal, Quebec with his family where he uses his 20+ years of experience as a business executive.

Website: cyborggainz.com



ARJUN'S STATEMENT

You feel anxious and uncertain these days. Like the entire world is in a state of chaos and unrest. Almost as if the entire world is on the edge, ready to tip over towards destruction. Just listening about it kind of makes you depressed.

If any of the above is true, it's not because I am a Bald guy sitting in a wheelchair, but because everyone around the world feels the same way.

You are happily living a satisfying life. You are happy with what you have. Is it good for business?

You are uneasy, unsatisfied in life, you want more; a better job, a better car, and what you have is not enough. You strive to find more and hence you buy more. Trying to buy satisfaction may bring a sense of calmness. Is it good for business?

Social media is like a playground, a place to play and enjoy, but we all remember the bullies there too. Right now, there are more bullies on social media. Million-dollar ad

campaigns bombard us with information that is custom made for us.

Believe me, I felt there was a higher power that was sending me all these messages. But a higher power does not answer to the US Senate.

News outlets in a bid to be a sensation present the news as if the world is ending tomorrow and they are the ones reporting it live as it happens.

All I am trying to say is, "Nobody exists on purpose, nobody belongs anywhere, and everybody's gonna die." - Rick and Morty.

Don't think about it too much, be kind to the people around you, they might need your help more than you think.

ABOUT ARJUN CHAUHAN



Born in India, Arjun is the master of all trades, the Chief Marketing Officer of Biohackers Update Magazine and a soccer enthusiast. He holds a bachelor's in commerce and a Master's in Business administration, specializing in marketing and human resources. He has 6 years of

experience in Content Marketing and is always looking forward to gaining more from life. With a passion towards nature, he is currently in the Foothills of Himalayas, in the northern part of India.

— OUTER

***“We are all connected;
To each other,
biologically. To the
earth, chemically. To
the rest of the universe
atomically.”***

— Neil DeGrasse Tyson



BIOHACKERS
UPDATE MAGAZINE



WHAT IS BIOHACKING AND WHY YOU SHOULD CARE

Biohacking involves the study of the body to learn how to enhance its performance.. Biohackers try to comprehend the effects of the changes they make in their everyday life. By doing this, they can learn which practices are suitable for them.

People tend to be afraid of biohacking because they believe experimenting on themselves can be harmful. However, biohacking can help you better understand your biology. Utilizing everything you have learned, you can make your body function more efficiently.

Biohacking gives you access to practices that will transform your life. You will see how your mind and body are different and what they need to lead a wholesome life. Simple hacks

can eliminate potential threats to your health.

Biohacks consist of altering the way you eat, sleep and exercise. Every small change can have drastic impacts that will push you in the right direction to become the ultimate athlete.

Biohacking Diet

Diet is a significant component of biohacking. When you follow a specific meal plan, you will know how it affects your body. Based on these experiments, you will be able to identify foods that are beneficial for you. Incorporating these nutritious foods into your diet can lead to [longevity](#). Moreover diet plans that include [intermittent fasting](#) can prevent obesity.

Biohacking Sleep

Sleep patterns play a vital role in the way we recover. Lack of sleep can cause [anxiety](#) and depression, which can have negative impacts on our health. Improper sleeping patterns can be linked to [blue light exposure](#). Light exposure at night can cause obesity, cancer, and heart diseases.

Biohacking Fitness

By following a personalized fitness plan, you can unlock the secrets of your body. One can try different physical exercises and learn their influence on one's mind and body. When you know how these physical activities affect your system, you will push your boundaries further.

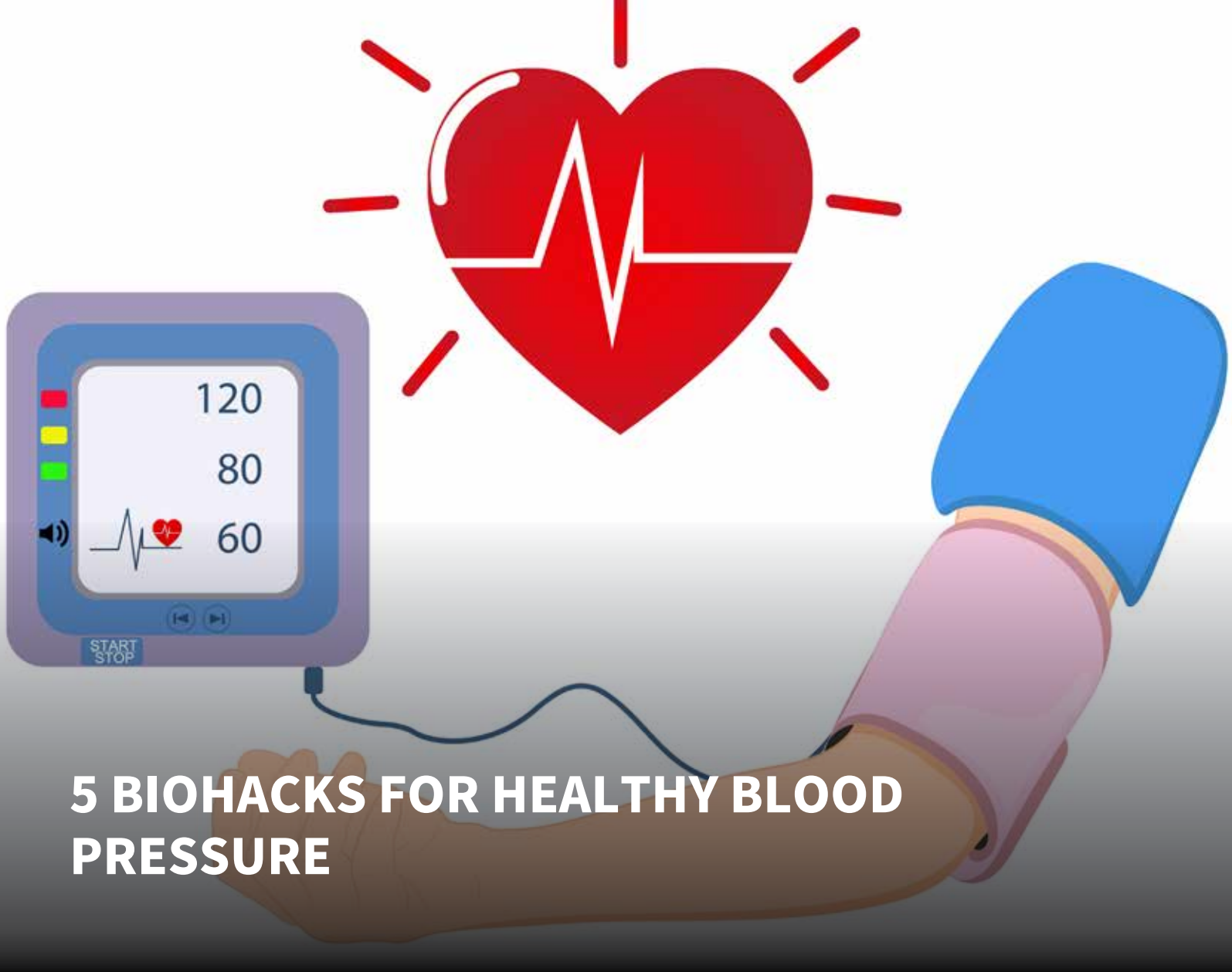
If you want to maximize productivity but are too afraid to experiment on yourself, then Cyborggainz is the solution to your problems. Their blog is in the feeder's [top 20 best calisthenics blogs](#). Neuroscience Calisthenics will train your brain and body to optimize performance.

Cyborggainz allows you to navigate through the world of biohacking. With their customized meal plans, you can transform your diet. You will be able to learn how various eating habits control your weight. Their personalized nutritional plans will enable you to fulfill the dietary requirements of your own body.

Cyborggainz also presents to you a calisthenics workout program, bodyweight workout program, and street workout program. If you are new to working out, they also have a beginner's calisthenics workout program. They will help you design a custom workout plan to make your body function like a well-oiled machine.

Visit their [website](#) to learn more.





5 BIOHACKS FOR HEALTHY BLOOD PRESSURE

Hypertension is among the most reported common health conditions in America. It is believed that 45% of adults in the country suffer from this condition, which is characterized by higher than normal blood pressure. If you experience this issue or other blood pressure problems, you should try some of these biohacks to help bring it back down to healthier levels.

What is High Blood Pressure?

Blood pressure is typically measured using two units: a systolic “top number” and a diastolic “bottom number”. The top number denotes the pressure inside your arteries during a heartbeat, while the bottom number is a measure of the pressure inside your arteries in-between heartbeats. When

put together, these measures denote your blood pressure as “top number/bottom number”.

Blood Pressure Levels

The following list outlines healthy blood pressure levels and unhealthy levels.

- Healthy blood pressure is typically less than 120/80.
- Elevated blood pressure falls in the range of (120 - 129) / (80 or less)
- High Blood Pressure of Stage 1 Hypertension falls in the range of (130 - 139) / (80 - 90)
- Stage 2 Hypertension falls in the range of (140 or higher) / (90 or higher)

- Hypertensive crisis, which can lead to a stroke, occurs at blood pressures higher than 180/120.

Causes of High Blood Pressure

High blood pressure or hypertension can be caused by a variety of factors. This includes:

- Unhealthy lifestyle
- Lack of physical activity
- Prevalence of existing health conditions such as diabetes and/or obesity

Dangers of High Blood Pressure

If your blood pressure is persistently high, as is usually the case in hypertension, you will be at risk of developing potentially life-threatening conditions such as:

- Heart attacks
- Heart disease
- Heart failure
- Strokes
- Kidney disease
- Peripheral arterial disease

Biohacks for Lowering Blood Pressure

Individuals with high blood pressure are often prescribed different medications to help bring their levels back down. However, doctors may also ask patients to adopt certain lifestyle changes or biohacks to maintain healthy blood pressure levels.

Exercise

As mentioned above, lack of physical activity can lead to the development of high blood pressure. Luckily, individuals with this condition can actually bring their blood pressure down simply by moving around more and getting in some exercise.

[Studies](#) have found that moderate-intensity exercises can lower blood pressure for patients with Stage 1 and Stage 2 hypertension by an estimated 10.5 mm Hg for the “top number” and 7.6 Hg for the “bottom number”. Study participants engaged in exercise sessions 3 to 5 times a week, with each session being 30 to 60 minutes in length.

Moderate-intensity exercises to reduce hypertension include:

- Brisk walking
- Cycling
- Water aerobics
- Hiking
- Dancing

Lose Weight

Obesity is one of the health conditions that contributes towards high blood pressure. This means losing a few pounds may actually help bring your blood pressure down.

There are many ways to go about losing weight. If you have already begun exercising regularly, you are on the right track. However, fixing up your diet can also help you lose weight gradually.

The amount of “visceral fat” around your waist has been [correlated](#) with blood pressure. The best way to reduce this fat is by eating a diet that is high in proteins. This includes foods such as:

- White fish
- Greek yoghurt
- Lean beef
- Tofu

You should also reduce your intake of processed foods and sugars, as they contribute to the build-up of visceral fat.

Cut Down on Salt

You can also curb excessively high blood pressure by managing your salt intake. Sodium is one of the leading contributors to high blood pressure, as it is found in most foods.

The American Heart Association recommends healthy adults limit their daily sodium intake to 2300mg. However, individuals with high blood pressure or hypertension should limit their daily sodium intake to 1500mg.

This can seem challenging at first, given that salt is what gives most foods their flavor. However, you can reduce your sodium intake with the following strategies:

- Purchasing fresh, frozen, or canned vegetables that do not have any salt added.

“You can reduce your sodium intake with the following strategies purchasing fresh, frozen, or canned vegetables that do not have any salt added.”



- Selecting “low-sodium” or “no salt added” food options at grocery stores.
- Choosing menu items that are less salt-heavy when dining out.
- Preparing simple foods such as rice, beans, and pasta in ways that do not require the addition of salt or salty sauces.

Limit Caffeine Intake

Many of us rely on caffeine in coffee or tea to help us kick start our day. However, this morning boost may come at the cost of higher blood pressure.

One study found that consuming 200 - 300mg of caffeine, equivalent to 2 to 3 cups of coffee, led to an average blood pressure increase of 8.1 mm Hg for the “top number” and 5.7 mm Hg for the “bottom number” for a period of 3 hours.

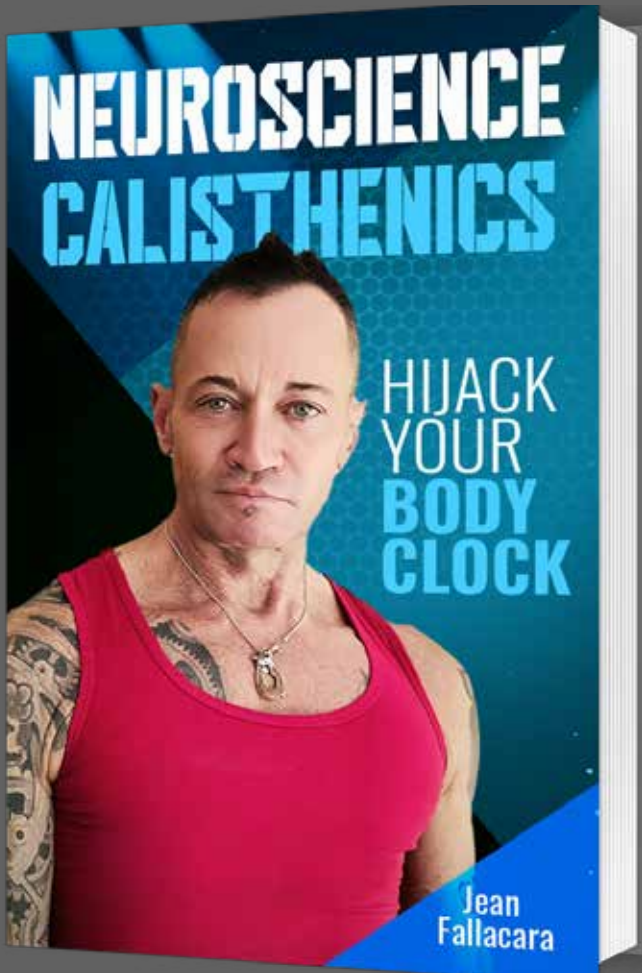
So if you suffer from blood pressure or hypertension, you should consider limiting your caffeine intake less than two cups of coffee per day. Alternatively, you could try switching to a decaf blend.

Cut Out Nicotine

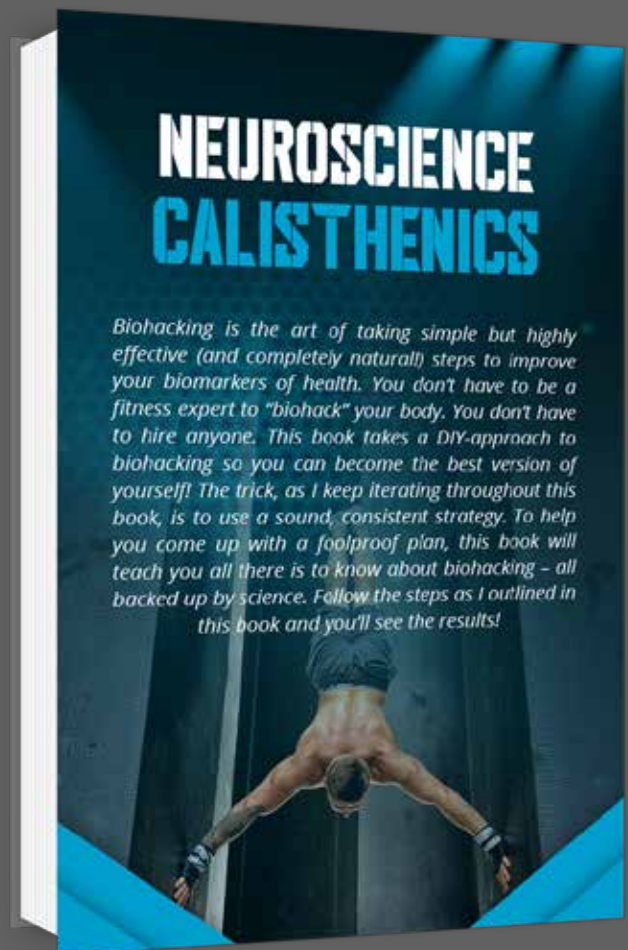
Nicotine dependence can lead to some nasty health conditions down the line, such as cancer, respiratory disease, and heart disease. However, nicotine intake also [increases](#) your heart rate and blood pressure rapidly.

For this reason, smokers with high blood pressure should stop smoking. Unfortunately, the link between nicotine and blood pressure spikes has also been [observed](#) with vaping electronic cigarettes. It may be best to cut out nicotine entirely if you are concerned about high blood pressure.

As you can see, there are plenty of ways to manage high blood pressure naturally. The aforementioned biohacks can seem challenging to implement into your life. However, the elevated health risks from high blood pressure and hypertension may leave you with no other choice. If you can't cut back on salt, caffeine, and nicotine, you should attempt to get more exercise at the very least.



UNDERSTAND THE NEUROBIOLOGICAL EFFECTS OF YOUR TRAINING



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IT HERE!



4 QUESTIONS ABOUT BIOHACKING YOU'RE PROBABLY EMBARRASSED TO ASK

The definition of biohacking can vary based on who you ask. However, biohacking generally means gaining control over one's brain and body to perform more efficiently. Anybody can develop control over biology with a personalized workout and meal plan.

A lot of people feel intimidated by the idea of hacking their bodies and have numerous unanswered questions about it. These are the reasons why many people do not choose to

become biohackers. This article clears out some common myths and misconceptions about it.

What are the different types of biohacking?

Multiple types of biohacking can range from simple [DIY biohacking](#) to state of the art biotechnology.

As the name suggests, DIY biohacking can be done by any individual who wishes to improve their performance. This

kind of biohacking involves custom workout and diet plan to see how it affects the person's brain and body. By following personalized nutritional procedures, people can identify foods that are harmful for their health.

Biotechnology involves state of the art technology that helps optimize the functioning of the body. Some people insert various kinds of [chips](#) and implants into their bodies to assist them in their everyday life.

How safe is biohacking?

Safety in biohacking is determined by the techniques. In more straightforward techniques, there is a lot of protection involved. Even if these straightforward methods hurt someone, they can reverse the effects. On the other hand, for powerful techniques, there is significantly less to no safety.

Is biohacking illegal?

The answer to this is that many simple biohacks are legal, but more risky ones can be illegal. It all depends on the quality of research done on a specific biohack technique. If it is well researched and tested, then it is probably legal. Only experimental biohacking that involves various risks tends to be illegal.

How beneficial is biohacking?

Biohacking can improve your health and enhance your quality of life. It can help restore damaged tissue and boost immunity. With the help of a custom workout program, you can promote the growth of [microbial species](#) in the gut to lower the chances of developing diseases.

Exercise and meditation release endorphins to improve your mood and reduce stress.





5 SURPRISING BIOHACKS USING BAKING SODA

Plenty of ordinary household items possess hidden uses and benefits we may not be aware of. One of these is baking soda. Yes, you heard that right. That ominous white powder that is always sitting in your kitchen cabinet is actually a versatile ingredient that can help your body in numerous ways. Let's look at what this substance actually is, and the various biohacks it offers.

What is Baking Soda?

The term "baking soda" refers to sodium bicarbonate that is sold commercially for baking purposes. This white crystalline powder is naturally alkaline, and is activated when mixed with an acidic substance. When used in batters, baking soda

functions as a leavening agent that helps the mixture rise and expand.

Sweet treats such as cakes, cupcakes, and muffins rely on baking soda instead of yeast to give them that light airy texture. However, this substance's properties enable it to do many other remarkable things.

Biohacking with Baking Soda

Baking soda's uses go far beyond the kitchen. It can help you improve your body and lifestyle in various ways. This includes:

Improving Exercise Performance

One of the most remarkable benefits of baking soda is its ability

to enhance exercise performance. The body's natural pH (the balance of acidity and alkalinity) is around 7.4, while the pH of muscle cells is around 7.0.

Certain exercises of high intensity require more oxygen than your body can provide. To compensate, your body switches to anaerobic functions. However, this causes lactic acid to build up. This acid lowers the pH of muscle cells below the optimal 7.0 level, and leaves the body feeling fatigued.

Consuming baking soda may help counteract these effects due to its high pH. This has been observed in many [studies](#) in which participants ingested a small quantity of sodium bicarbonate 60 to 120 minutes before exercising. Researchers found that participants were able to exercise at high intensity for longer after ingesting the sodium bicarbonate, compared to the control group.

Fixing Heartburn

Heartburn is a common symptom associated with acid reflux. This refers to the burning sensation the body feels in the esophagus behind the heart. Acid reflux itself is caused when the sphincter muscle near the bottom of the esophagus relaxes improperly, causing stomach acid to enter the esophagus. It can be triggered by eating a large meal and/or laying down right after eating.

Baking soda can help reduce heartburn symptoms the same way store-bought antacids can. This compound's alkaline pH enables it to [neutralize](#) the acidity of stomach acid and provide temporary relief from heartburn. The pancreas also naturally produces sodium bicarbonate for this purpose. However, ingesting a small quantity of baking soda can help give it a bit of a boost.

Whitening Your Teeth

You may have seen special teeth whitening products at the supermarket or at pharmacies. These products are often touted as cutting-edge or revolutionary. However, their whitening capabilities become less remarkable when you

learn that ordinary baking soda can also help whiten your teeth.

Baking soda has mildly abrasive properties, which means it functions relatively well at [removing stains](#). However, it may not offer the cavity-fighting properties that toothpaste containing fluoride offers.

Masking Body Odor

Baking soda can also be used as a deodorant. This compound is believed to possess properties that enable it to absorb odors. Such claims may be linked to baking soda's anti-microbial properties, meaning that it may help kill bacteria responsible for bad body odors.

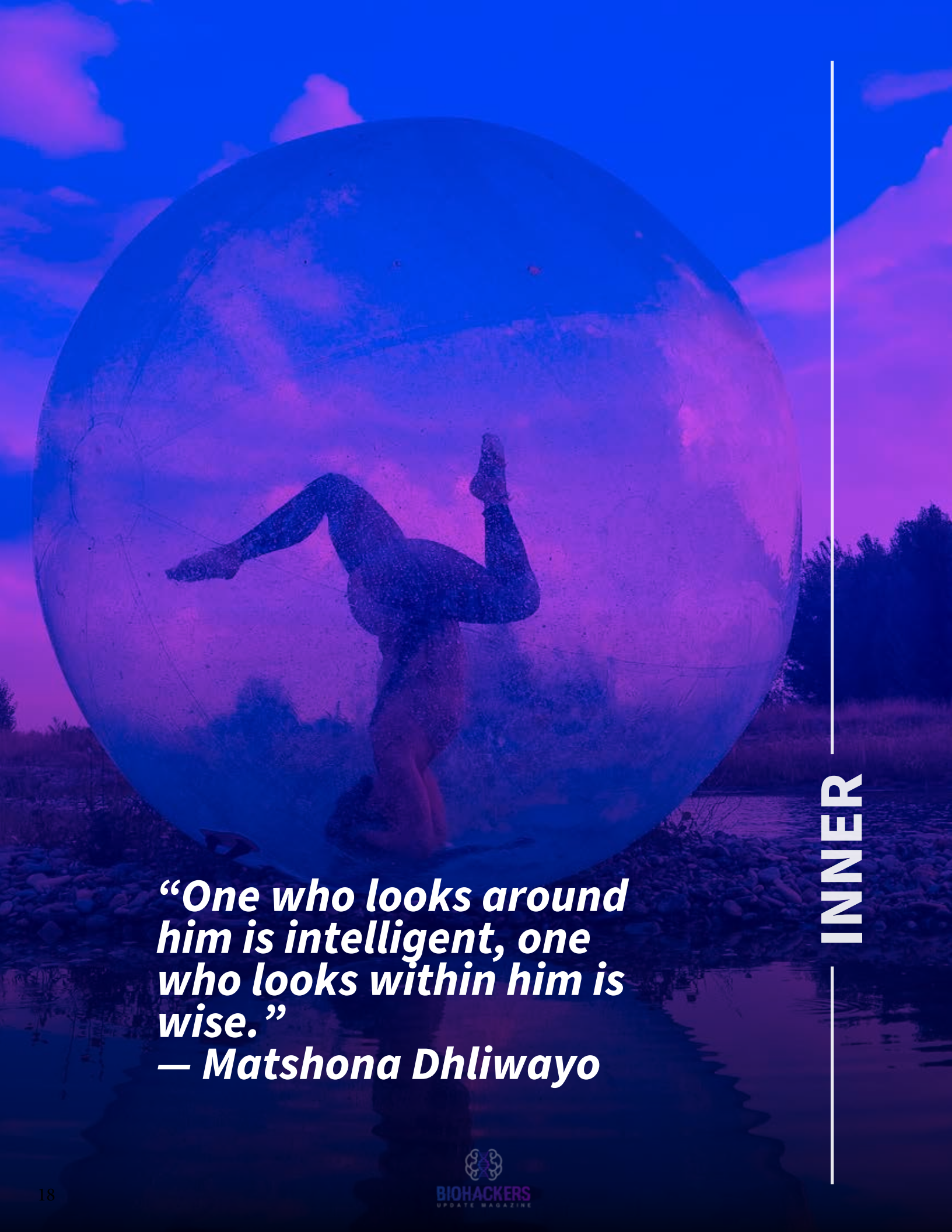
You can test it out yourself by mixing a small quantity of baking soda with water and rubbing on your underarms. However, this deodorant does not offer the pleasant fragrances associated with commercially sold deodorant products.

Relieving Skin Irritation

Skin irritation can be caused by a variety of factors, ranging from simple allergies to bad reactions to cosmetic products. This irritation is usually accompanied by inflammation which may cause the skin to redden and swell.

When used as a skin cleanser, baking soda can help remove dead skin cells and ease inflammation. You can try mixing a bit of baking soda with water and applying it to the affected area for 10 to 15 minutes before washing it off. You can then apply moisturizer to avoid skin dryness or cracking.

As you can see, there are plenty of baking soda related biohacks out there. This versatile compound can enhance your life in many ways, so consider trying out the aforementioned biohacks and see which ones suit your lifestyle.



***“One who looks around
him is intelligent, one
who looks within him is
wise.”***

— Matshona Dhliwayo





BIOHACKING FOR NEW PARENTS

You're on a nice secluded beach. The breeze is steady and the view is stunning. You're about to take a sip from your perfectly made cocktail when you hear it. 'WAHHHHHH'. 'A baby' you think to yourself. 'What's a baby doing on...' – 'WAHHHHHHHHH' The latest cry wakes you as you realize your dream is now over. Its back to your dark bedroom in the middle of the night with the echo of your newborn growing louder. Your sleep schedule no longer exists. There's no schedule. Sometimes you feel like a zombie, waking 2 to 3 times a night to go see what all the fuss is about. You do all this out of love and its what makes us parents. But is there anyway to make it easier on yourself? Is there any way to BIOHACK that first phase of new parenthood? Yes of course there is! We can't make any promises, but we can make suggestions to try any of these biohacks mentioned below to help you, and perhaps your spouse as well, get through this new lifechanging phase as healthy and stress-free as possible.

Sleep when the baby sleeps.

I know you've heard this one but it needs to be accentuated. After new parents bring home a baby, their energy level is probably already sapped from the hospital and birthing process. And it doesn't get any easier from here. Most newborns tend to wake up every 2 to 3 hours a night. So that means as soon as you are settling in and starting to enter into the deepest part of your sleep, its about time for JR to get up again. This is why its so important to capitalize on your sleep when the baby sleeps, even during the day if you can. Otherwise, you'll be completely drained all day and the world doesn't stop just because you've had a baby. But of course, we understand that you can only be efficient with things, and in turn you can only be effective with people. So, try these sleeping hacks to help you, your partner, and your baby get the healthiest amount of sleep possible during these first few months.

Be prepared – Just expect your child to wake up. Come to terms with it. Don't daunt on it, but as they say, expect the worse and hope for the best. By prepared, we also mean to have things ready. Have the bottle ready. But most importantly, have your

“a state of mental hyperarousal, frequently marked by worry, has been identified as a key factor behind insomnia.”



mind ready. Don't let the worries creep in. According to the National Center for Biotechnology Information, a state of mental hyperarousal, frequently marked by worry, has been identified as a key factor behind insomnia. People with anxiety disorders are inclined to have higher sleep reactivity. So, relax. Worry gets you nowhere.

Sleep exercises - Have your sleep exercises ready to help you fall asleep faster, whether its meditation, a little book to read, or some other healthy habit to help induce tiredness – because trust me, once that little one is back asleep, you're going to want to be asleep as soon as possible to take advantage of every second until they wake up again. Breathing exercises, Aromatherapy, whatever helps you get that tiredness feeling back after the midnight cacophony.

Hydrate

Just a drink a ton of water, especially if you or your partner is breastfeeding. Due to the business of a new lifestyle, mother and father can sometimes forget to do simple things like drinking enough water. One tip is to have water close by in many rooms around the house so that when you see it, you drink it. Another idea is to make a game out of it with your spouse or little one. Something like every time your baby feeds, drink a full glass of water. Or every time you want hold your baby, you must first (if its not an emergency) drink a full glass of water.

Grounding

Grounding is one way we can really just let go of our material world and our man-made surroundings and just feel the earth. Feel what we were made to walk on. And there is power in that. Grounding (or earthing) is a therapeutic technique that focuses on realigning your electrical energy

by reconnecting to the earth. From the small research done, some studies have reported benefits for chronic fatigue and pain, anxiety and depression, and even cardiovascular disease. Not to mention that this is a great way to get you and baby outside in the fresh air, soaking up some Vitamin D while getting your child acclimated to the outdoors.

Routines

I know it sounds crazy, but even during this seemingly uncertain time, its possible and even suggested to set and follow a routine. We love routines in life. It helps us get things done and feel more productive. Well babies are the same way. The thing is, the routines you set will take a bit to take effect but soon enough, the baby will catch on and there'll be a respectable amount of time where you are both in harmony with the routine; and as soon as you start to notice it, a few days later, or shortly afterwards, the baby decides to change the routine (not really decides but its rather interrupted by a sleep regression due to their increasing age, teething, or another normal disturbance) so you have to find a new routine, set it all over again and go through the cycle. This continues as the months go on, and will continue for the rest of our lives. Routine is important. According to Northwestern Medicine, many people who don't have any type of routine suffer from stress, poor sleep, poor eating, poor physical condition and ineffective use of time. But we must be able to accept the disruptions without disgust or anxiety. That is how life is. If our whole life was the same routine every day, even if it was a really happy and satisfying one, it would get boring after a while, right? That's why we shouldn't necessarily invite the disturbances, but we

shouldn't discount them as being essential for keeping life interesting. Think of them as growing pains. That being said, routines help to give an order of expectations to our minds and those around us, including your baby. So, to keep the changing seasons as smooth as possible, decide on a routine and go with it.

Nutrition

I know it's easy to go for the junk food because of the sudden 'loss of time' realization, but you aren't doing yourselves any favors. We all know junk food is terrible for our health in the long term and the last thing we want to do is take the easy way out when we are stressed, tired and hungry, by reaching for the ready-made fast food. This is perhaps the worst time to start a bad habit, only because you now have less energy and willpower to try and stop it and get back on track. By the way, its not only yourself and your spouse that we are talking about here. By association, most parents and children eat relatively the same level of diet in terms of nutrition, so whatever foods you are eating, even if your baby can't eat them yet, are still setting a precedent that these foods are a staple of this household – and you want to make sure the healthy foods are the staples, not the unhealthy ones! When the time for food introduction comes, introduce your child to foods with less sugar and salt.

Vegetables are a great choice. My wife and I would buy frozen vegetables to keep them in stock in the freezer and then just boil them whenever we needed some. Frozen veggies are a good option just because of storage but also because of nutrient content. Fruits and vegetables chosen for freezing tend to be processed at their peak ripeness, a time when they usually are most nutrient-packed. B

Be careful with the so called 'healthy' baby and toddler snacks – many of these contain added sugar and salt. A report from the UConn Rudd Center for Food Policy & Obesity found only 4 out of 80 baby and toddler snacks met nutritious standards. In addition, 50% of baby food snacks and 83% of toddler food snacks contained added sweeteners. These numbers are surprising and parents should be vigilant when deciding what food to bring into their family's food web.

For parents that are having a hard time getting their child to

eat anything, try baby-led weaning. This method allows babies to explore the foods in their natural states, not blended. Some research indicates that babies that do baby-led weaning tend to get more protein and fat, are less likely to be rated as a “fussy eater” at 18-24 months by their parents, and are more likely to eat with their family rather than at a separate time. Be careful with this method though, as the food pieces are bigger and you'll want to be sure to reduce any risk of choking by doing your research on what foods are appropriate.

Well, those are the biohacks to help make your transition for you and your family smoother over the next few months. We can't promise you'll ever get to finish that nice cocktail of yours on that secluded beach from your dream. But we can promise you that with every midnight outburst, with every dirty diaper, with every passing moment, you'll somehow love your baby more, and you'll know that its all worth it. With most things in life, we know that the best teacher is experience and that you'll learn more from just saddling up and going through it. But we hope you at least took one point or two from this article to help you worry less about what to do, and focus more about how to bond with your new family member.

Dallas McClain

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ESSENTIAL OILS: DO THEY ACTUALLY WORK?

Essential oils have become increasingly popular as a means for therapeutic benefits. Therefore, people have been using them for treating various ailments for nausea, colds, headaches, and so on. However, while they can be beneficial in some ways, it's important not to consider them as legitimate cures for ailments and diseases.

Thus, to answer the question about whether essential oils work or not, we must understand what they do or do not work in. This guide will answer all of your questions that you may have on these oils and just beneficial they are to your body.

What Are Essential Oils?

In order to first understand the benefits of essential oils, we must clarify what they are in the first place. These oils are plant extracts that are created by pressing or steaming different parts of plants. This process yields the compounds that create the fragrance from each oil. You can make essential oils out of leaves, bark, flowers, or fruit. To produce just one bottle of these oils, you may require many pounds of the plants' parts. People use these oils through a process known as aromatherapy.

What is Aromatherapy?

Aromatherapy is a process in which one uses essential oils for therapeutic benefits. The process involves inhaling the oils'

scent molecules, allowing them to travel to the brain via the olfactory nerves. As it reaches the emotional centre of the brain, the amygdala, it affects our response to certain conditions.

You can also apply these oils to your skin instead of inhaling them. Adding a drop or two of wintergreen oil to your body can help relax the muscles as you massage it. Moreover, lavender oil in bath salts can help make the soak soothing and rejuvenating.

Do Essential Oils Actually Work?

There are no conclusive scientific results that claim that essential oils cure ailments, but they can have some benefits. That said, they have shown some improvements in symptoms for various illnesses and conditions.

Helping with Dementia

[Research](#) shows that one of the benefits of essential oils is that they may help alleviate symptoms of dementia. The Journal of Clinical Psychiatry did a study that indicated that dementia patients experienced reduced agitation with the balm from lemon oil. Therefore, though it may not prevent the disease or cure it, it can help alleviate some of its symptoms.

Helping with Acne

A [study](#) shows that topical 5% tea tree oil may help with treating mild or moderate acne vulgaris. The study showed that the ASI tea tree oil showed a 5.75 times improvement to the condition than the placebo. Moreover, the side effects were tolerable, so you don't have to worry about any harm to your body in the process.

May Act As an Anti-Inflammatory Agent

Some [research](#) indicates that essential oils may act as anti-inflammatory agents. Citrus oil, extracted from citrus fruits, can act as a natural anti-inflammatory and antibacterial agent. This is because it contains D-limonene, a monoterpene, and that stops the growth of fungi, bacteria, and other parasites.

Mixing citrus oil with Dead Sea magnesium chloride can act as a natural anti-inflammatory and antibacterial agent. This combination dramatically affects the properties of both compounds, which lowers the levels of leukocyte and TNF-alpha. In simple language, it can curtail bacterial growth. However, you must note that this study was performed on mice and human trials are yet to be done.

May Help with Hair Loss

Patchy hair loss is a common symptom of the condition alopecia areata. It can be caused by extreme stress, among other causes. Thus, hair loss, in this case, is caused by the immune system attacking hair follicles. Typically, patients can observe hair loss starting in a circular bald patch.

One of the many benefits of essential oils is that they may help with treating this common condition. A [study](#) shows that significantly more patients with this condition showed improvement through treatment from essential oils than the control group did.

The active group massaged different oils into their scapes every day during the study. Oils from lavender, rosemary, cedarwood, and thyme were used. Thus, results indicated to be a safe and effective treatment option for this common condition.

Using Essential Oils Safely

Now that you know about the potential benefits essential oils can have on your body, you must be aware that many of these studies have not gone into clinical trials. Therefore, these oils should not be taken as an alternative to FDA-approved





medication. However, you can use them to reduce some symptoms of certain ailments and help yourself feel better. If you do plan on using essential oils, here are some of the best ways to use them safely.

- Body oil: You can massage a mixture of essential oil and a carrier oil like coconut, jojoba, or olive oil. A mixture of these oils will help dilute them and reduce irritation to your skin in the process.

- Aromatherapy accessories: You can continue to inhale the scents of essential oil through aromatherapy accessories such as keychains, necklaces, and bracelets that are created from absorbent materials.

- Essential oil inhaler: This is a portable plastic stick that contains an absorbent wick that you can soak with essential

oils. When you're not using it, you can cover it with the cover provided to prevent the wick from losing the scent quickly. Also, this device is known as an aroma stick.

The Verdict

There is no doubt that there are certain benefits of essential oils with regard to treating health conditions. They also do not have any significant side effects, so you can enjoy them without worry. That said, you should determine if you have any allergies to some of these oils or the plant parts from which they're made.

A small percentage of people may experience skin irritation by applying some of these topically. If you experience any adverse effects, you should dilute the oil to decrease its potency. This way, you can enjoy the benefits of some of the best oils like lemon oil, lavender oil, tea tree oil, and peppermint oil.



7 BIOHACKS TO BOOST YOUR PRODUCTIVITY

One of the greatest challenges we face in today's fast paced society is staying productive. Luckily, there are many biohacks out there to help you boost your productivity significantly.

Let's take a close look at various productivity boosting biohacks and how you can implement them into your life.

3. Start Early

People who enjoy sleeping-in may not be pleased to hear this, but getting up early is one of the best ways to boost your productivity throughout the day. It's true that getting up before everyone else gives you more alone time to work on important tasks. However, the simple act of starting your day earlier can boost your rate of productivity as well.

[Studies](#) have found that children who wake up earlier than their peers tend to be more physically and mentally active. This means you may be able to get more work done in the day by simply shifting your alarm back by an hour or two.

2. Prioritize Sleep

If waking up early isn't your thing, you can still boost your productivity by sleeping earlier at night and waking up at your usual time. After all, plenty of [studies](#) have demonstrated that lack of sleep is a major productivity killer.

Sleep deprivation reduces your cognitive abilities significantly, while also making you feel more irritable and stressed throughout the day. [The National Sleep Foundation](#)

recommends 7 to 9 hours of sleep per night for healthy adults.

If you have trouble getting a good night's rest, you can try practicing better sleep hygiene. This includes:

- Maintaining a regular sleep schedule.
- Avoiding caffeine and nicotine in the evenings.
- Spending less time looking at screens and displays at night.
- Creating a quiet and comfortable sleep environment.

3. Try Nootropics

If you prefer boosting your productivity using supplements, you should try taking some nootropics. This term refers to natural or synthetic substances which enhance cognitive performance. Most nootropics can be categorized as either dietary supplements, synthetic supplements, or prescription drugs.

Prescription drug nootropics such as Adderall or Ritalin are typically prescribed to individuals with conditions such as ADHD. However you can purchase dietary supplement or synthetic supplement nootropics without the need for a prescription.

- Simple dietary nootropics include:

- Caffeine in coffee.
- L-Theanine in tea.
- Ginkgo Biloba.

- Synthetic nootropic supplements include:

- Creatine monohydrate.
- CDP-choline.
- Omega-3 fatty acids.

If you intend to use nootropics to boost your productivity, you should thoroughly research the product/substance beforehand. Some nootropics such as caffeine may negatively



affect your sleep quality if consumed in excess quantities.

4. Cold Showers

If you aren't already familiar with the benefits of cold showers, please read our blog on the topic. For those that aren't aware, cold showers can help boost your productivity in numerous ways.

One [study](#) found that participants who took cold showers regularly during mornings were less likely to call in sick to work. This may indicate that cold showers could boost the efficiency of your immune system.

Cold showers boost your productivity through another means: by [stimulating the release of noradrenaline](#). Noradrenaline is a special compound produced in the brain. It has the effect of boosting your heart rate and blood pressure. This in turn provides your body with more energy, which can boost your productivity throughout the day.

Your showers don't have to be ice-cold to experience this productivity boost. A water temperature of 68°F or lower should be sufficient according to some medical experts.

5. Eat a Good Breakfast

Breakfast is often referred to as the most important meal of the day. This claim is actually backed up by science. One [study](#) found that people who skipped breakfast suffered from worse memory than people who consumed a full meal in the morning.

Your breakfast should also consist of productivity-boosting foods as well. One breakfast staple that is believed to help your productivity is eggs. Egg yolks contain choline, a substance required by the brain and nervous system for healthy memory function and muscle control.

6. Take Daytime Naps

Taking naps during the daytime may also help boost your productivity. It's natural to feel exhausted after completing strenuous work during the daytime. You can try catching up on lost sleep during the night, but a more effective method is to nap during the day.

[Studies](#) have found that naps help improve your memory and assist with regulating your emotions. However, napping for too long may leave you feeling groggy and feeling worse off than before. The optimal length for a "power nap" is 10 to 20 minutes. However, you may need to also factor in the amount of time it takes you to fall asleep.

So try getting a short nap in during your lunch break. It'll certainly help you with your performance for the rest of the day.

7. Drink More Water

Drinking water is a no-brainer for most people. It's natural to reach for a nice cool glass of water when you are feeling parched. However, your actual water intake may be much lower than your body requires.

The U.S National Academies of Sciences recommends adult men consume 15.5 cups or 3.7 liters of fluid per day, while women should consume 11.5 cups or 2.7 liters per day. This may seem like an extraordinarily large amount. However, [studies](#) have found that sufficient water consumption can help boost your athletic performance and your cognitive ability.

If you don't find the act of drinking water particularly fun, you can spruce up your drink by adding a squeeze of lemon and a bit of salt to give it more flavor and introduce electrolytes to it.

As you can see, there are plenty of easy biohacks to boost your productivity throughout the day. Consider trying each one and pick out the hacks that help your productivity the most.



CONTROL STRESS - WITHOUT TALKING ABOUT MEDITATION

Sam Guest

I'd been working my balls off for a few weeks now. I loved the feeling of adrenaline everyday as I smashed things off my to do list. But I wasn't too crazy about the 4 hours of sleep a night. However I was getting more done than ever before. I mean, what's not to like about those levels of productivity? This was back in the days before my adrenals gave up, when I was flying high on a heady mix of cortisol and adrenaline thinking that I was just a high-performance human. But oh, how little I knew.

It was about this time when I was talking to a friend who expressed concern at my hectic schedule. "Maybe you should just slow down a bit, breath, maybe try a bit of meditation... you seem really stressed..."

Immediately I felt my blood rise. "What the hell did she know? Mediation! I mean what the hell?"; I thought. She wasn't a bio hacker, a performance coach like me, she didn't do the 100's of little things I did every day to ensure I could do all this. I knew exactly what I was doing and I was going to prove it to her.

"I'M NOT BLOODY STRESSED" I yelled at her...slammed down my coffee cup (the 6th of the day) and stormed out to smash some more tasks off my to do list.

Now before I reveal the true levels of my stupidity, we have to understand what stress is. Whenever I look at the body, I tend to break it down into two separate components: Hardware and Software. Hardware is our meat. Software are the processes which run on the meat (thought patterns, behaviours etc.).

Whenever something places our hardware under threat (real or perceived) it drops into 'fight or flight'. Now the fight or flight response is the most hardwired response in our biology. We share it with lizards and it hasn't changed in millions of years. Stress is just our modern way of saying fight or flight. The problem? Most people see stress ONLY as a mental thing, a software thing.

Your boss shouts at you.

You get caught up in traffic.

You can't pay the rent this month.

Because it's seen as a software problem, most solutions focus on software solutions or interventions.

Meditation, breathing, go for a walk, do something relaxing.

The problem with software solutions? You have to think about them.

Now I don't know about you but when I'm super stressed and someone comes and tells me to meditate, I'm as likely to explode at them as I am to actually listen to their (actually very good) advice!

Reprogramming your software also takes a lot of effort. Just like in real life, programming software is a hard and long task, taking many, many man hours. Changing our thought patterns or programming interrupts us to stop our spiral into a full-on meltdown, is often the same.

However, stress isn't just a software problem, many other things place strain on the Hardware:

- Noise
- Junk light
- Crappy diet
- Not enough or too much exercise
- Parasites or viruses
- Lack of laughter and human contact
- Toxins
- Parabens in beauty products
- Pesticides
- Plastics

The list goes on and on.

And the body only has one response to stress...fight or flight. So rather than look to upgrade the software if we instead first

focus on the Hardware, we can have a different result.

Now just like a computer if we put in a faster CPU (core processing unit), not only will the computer immediately perform better but we can run the software much faster, allowing much more bandwidth for other programs to run concurrently. It's also much easier to simply slot in a new chip and once it's done, it's done.

So, if I'm dealing with someone suffering from stress or anxiety...the first place I start is with the biological causes of stress, the hardware. By reducing stress on the underlying hardware, we can give a person much more resilience as we reduce the amount of baseline stress the body is under on a minute-by-minute basis.

Think of stress as a cup. If you were totally stress free the cup would be empty. Each time your boss shouts at you, or you get cut up, or you eat food which doesn't agree with you, or you sit in front of a computer for hours, or you use soap full of chemicals...in short, each time you force your body to do something which causes it to work harder than it wants to... a little bit of liquid gets added to the cup. Now the body has its own system for emptying the cup...but as we add more and more liquid to the cup this system struggles to clear the liquid fast enough. Think of the remaining empty part of the cup as your resilience to stress. It's how much more stress you can take before things start to go wrong. Once the cup overflows you start to have real problems.

By improving the hardware, we increase the size of the cup whilst also increasing the efficiency of the system which empties it, meaning more resilience to stress.

But the real advantage of treating hardware is that rather than requiring thought to implement the resolution, (like a software solution) upgrading hardware often only requires a simple lifestyle shift to reduce the amount of stress the body is coming under. And when the shift is made it's there for life.

For example, a starting point for dealing with stress might be to look at what deodorant the person uses. Bear with me I've not gone mad! Most deodorants contain a load of chemicals which force the liver to work harder to detox. In other words, they place the liver under stress.

So, by simply changing the deodorant a person uses to one that actually helps the body we can immediately lessen the amount the stress the body is under. Doing this requires no more thought than remembering to pick up the right deodorant next time you're at the shops. No fancy techniques, no mind games.

Now am I trying to say that you can cure someone suffering from being stressed out and anxious by changing their deodorant? NO.

Stress and anxiety are a death by 100 cuts, of which deodorant

is just one small cut...but if we can make enough small shifts and eliminate enough of these cuts, we can eliminate stress without ever needing to meditate...

But what you'll find is that as you start to reduce stress on the Hardware, you have much more band width for Software solutions such as meditation, breath work and mind games, which are important in their own respects as well.

ABOUT THE AUTHOR:



After leaving the Royal Marines Sam Guest embarked on a career dedicated to Optimal Human Performance. Combining his 2 passions he works as a peak performance coach for extreme sports athletes helping them unlock their full potential using his unique NTX program.

The Big Cheese - Tantrum Kitesurf
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RESTORATIVE FIREWALKS

Photo by Paula from Pexels

After 2020, I'm sure many of us felt as if the world was on fire, and maybe we still feel that way this year. But maybe there's something beneficial behind this fire. When you first see a forest fire, it is quite a discomfoting feeling, but after all those flames die down and the embers cool, we start we see the Earth in a new light and perspective. For one, we have more space to imagine our visions and dreams. There are less things to block our sunlight, needed for growth. This is all of course, if the forest fire does not get out of control. When it does, we are reminded of how cleansing can go too far and evolve into complete and utter destruction, shoving away any hope for new growth and restoration. Nature is a teacher of Truth.

Nature uses this force of fire to cleanse and heal but how do we as humans harness fire for this same purpose. The answer is through fire-walking. This ancient technique involves walking over a path of hot coals and ash barefoot until you reach the other side. Its earliest known reference comes from an Indian story in the year 1200 B.C. but it has been practiced by many of the world's ancient cultures, and still exists today. Why do this, you may ask? Well, many cultures did it for religious, cultural, spiritual or rite of passage reasons. Today, it is used mostly to help uses overcome one thing: FEAR.

The ashes and coals from firewalks are actually not great conductors of heat, meaning that them don't transmit heat well to other objects because they insulate the heat toward

the inside. This means that unless you stop walking or shove your foot down forcefully, the chances of you getting burned are slim to none. The worst most people ever end up with is a blister.

So, if we know this, then why are people afraid? Well, it's comes down to our body's natural response designed to protect us from what we have learned. We know that fire, although good, can cause harm when its power grows uncontrollably. So, to consciously subject ourselves to its power is a risk. However, the risk is actually small compared to many others we take in our daily lives. Driving to work, Swimming, riding your bike; all of these come with much more risk than walking over fire.

This is what makes the effectiveness of fire walking incredible. There we are, knowingly deciding to walk over hot coal ashes, feeling the intense heat beneath our feet. We could stop, but then we remember that stopping presents more danger. Fear keep creeping in the whole way. But with our minds right and the goal in sight, we press on swiftly with our heads held high. And when we reach the other side, we are stronger and feel much more empowered, knowing that we conquered that Fear.

Firewalking is basically like a FEAR-killing training session. It gives us the self-confidence and enlightenment we need to get our minds right for the real world fears that come to us daily. Don't get me wrong, when I say 'FEAR-killing', I don't mean to say to kill any precautions or rightful careful acknowledgements as well. These can serve us well and get us out of sticky situations and making wrong decisions. Its when these small careful thoughts are fed until they transform into their merciless goal-killing form called, you guessed it, FEAR.

Now you may say that your mind is just fine and you don't need or want any 'FEAR-killing' practice session. And you may be right. Perhaps firewalking isn't what would work for you. Everyone is different. But the main takeaway is to remember that our mind is constantly absorbing and

learning information from our lives and if we aren't careful, FEAR can often creep in without us even noticing it. Because many of us live in a society where the FEARS are driven by more intangible things and less tangible, primitive things, we often forget that we are even on the battlefield against this relentless foe. Firewalking ignites (pun intended) that spark of belief that we can overcome any Fear that is holding us back by placing it in the center of our minds through a tangible objective with a clear goal. It reminds us that we are in charge of what risks we take and don't take.

This is a crucial part of the biohacking process. As biohackers we all take risks every day, no matter how big nor small, by experimenting with methods to bring out the best of ourselves overall. By proving to ourselves in a tabgible and very real way, that our belief is stronger than our FEAR, we get into our zone of self-discovery and further restoration and growth.

Dallas McClain



CORE

The turning point in the process of growing up is when you discover the core of strength within you that survives all hurt.
- Max Lerner



BLUE LIGHT GLASSES: DO THEY ACTUALLY WORK?

We are exposed to all sorts of unnatural stimuli in the digital era that we live in today. From artificial sounds to artificial lighting, there is no shortage of things we are exposed to that our ancestors were not. Some of these stimuli are harmless, but others may disrupt your life in different ways. One possible solution for problems caused by artificial lighting is blue light glasses.

Let's examine these glasses in more detail and whether or not they actually work.

The Light Color Spectrum

Most of the lighting we see everyday is a combination of different colors in the visible light spectrum. These colors include:

- Red
- Orange
- Yellow

- Green
- Blue
- Indigo
- Violet

When combined, the above colors create white light. This is the type of “white” lighting we associate with sunlight as well as LED and fluorescent lighting. Most of the colors within such lighting do not affect the human body, and simply offer visibility. However, blue lighting is a notable exception.

What is Blue Lighting?

Short-wave blue lighting is light with wavelengths between 415 and 455 nanometers. By contrast, red light has a wavelength between 620 to 750 nanometers. So what does this difference in wavelength do exactly?

Shorter wavelengths can penetrate deeper into objects than

longer wavelengths. This means blue light offers greater ocular stimulation than red light.

Is Blue Lighting Bad For You?

Blue lighting can be helpful in certain ways and harmful in other ways. Both these effects may be tied to the fact that humans evolved to be active during the daytime and inactive at night.

Boosting Alertness

[Studies](#) have found that blue light exposure actually enhances the body's alertness and improves reaction time tasks. This is probably why we feel more alert during the day when the sun is out.

This also means your mental performance may suffer if you block out all blue lighting and spend most of your time in the dark.

Treating Seasonal Affective Disorder

Seasonal affective disorder is a type of depression that is related to changes in seasons. Studies have found that therapy using blue light can help treat this condition.

Digital Eye Strain

Blue light's properties mean it scatters more readily than red lighting. Blue lighting emitted from electronic devices such as computer screens and LED bulbs reduces visual contrast and can actually cause eye strain. You may have experienced this yourself after using your computer or phone for an extended period.

Disrupting Sleep Cycles

Blue light is also believed to disrupt your sleep cycle. [Studies](#) have found that blue light exposure in the evening suppresses the body's melatonin production. Melatonin is the hormone that makes you feel sleepy at night.

Exposure to artificial lighting such as LED lights or computer screens in the evening may cause you to have trouble falling asleep. This is the primary reason why many medical experts urge people to avoid using electronic devices with screens at night.

Blue Light Glasses to Combat Blue Light Exposure

Blue light glasses are special glasses that feature lenses that block or filter out blue light. They are touted as a solution to allow wearers to use digital screens at night, but without experiencing the negative effects of blue light exposure in the evenings.

Do Blue Light Glasses Work?

So do blue light glasses actually work? Some experts seem to think so.

One [study](#) found that using blue-light blocking glasses in the evenings helped patients with delayed sleep phase disorder (DSPD) fall asleep faster. However, experts are still divided over whether or not blue light glasses help with digital eye strain.

One [study](#) found that blue-light glasses did not reduce digital eye strain any better than ordinary glasses did. It is believed that there are many other factors that affect digital eye strain, such as screen viewing environment, and the other light frequencies in digital lighting.



Should You Invest in Blue Light Glasses?

After reading about the effects of blue light on the human body, you may be prompted to pick up a pair as a simple biohack. However, as mentioned above, blue light glasses do not reduce eye strain as advertised.

If you are suffering from sleep problems caused by using digital screens at night, blue light glasses may offer a quick and manageable solution. However, you should avoid wearing these glasses during the daytime, as natural blue light exposure helps with alertness and concentration.



5 BIOHACKS TO IMPROVE BREAST HEALTH

Big, small, heavy or perky, our racks all deserve a little more love. From demonstrating fertility and longevity to childbearing they truly have our back. However, many women don't know how to actually give back to their breasts, luckily, in honour of international women's day we share with you 5 biohacks to support your pairs!

Dark Chocolate

Dark chocolate is an antioxidant powerhouse! The word is often thrown around but many may still be blurred on what these fantastic compounds actually do to benefit us. As the name hints, antioxidants prevent our cells from oxidizing in other words dying. Cocoa beans contain an extremely high amount of antioxidants making it a surprisingly healthy snack when at its darkest state. Studies have demonstrated the link between inhibition of breast cancer cell growth, proliferation and cancerous cell death with an antioxidant rich diet. No need to feel so guilty for a square of some chocolate sweetness!

Breast massages

Breast massages can benefit anyone that has a chest, regardless of gender. They hold multiple benefits, the biggest however being breast cancer detection. Self examinations are crucial to healthy breast tissue and to keep a pinpoint health. Furthermore, these massages benefit lactation and breastfeeding, lymphatic system stimulation and can even elevate the look of your breasts by minimizing stretch marks and sagging.

Meditation

Stress is the culprit of too many of our demons, taking a toll on our mind, bodies and, you guessed it, your knockers! A 2019 study performed on mice that appeared in the Journal of Clinical Investigation linked stress with the release of a hormone called epinephrine which further boosted an enzyme called lactate dehydrogenase. An overload of this enzyme can trigger breast cancer stem cells. Thankfully, though stress may

seem to rule our lives, there is an easy solution: meditation. The act of focusing in one's self paired with deep breaths helps immensely to tone down your stressful lifestyle. Your breasts will thank you!

Vitamin D

Vitamin D's multiple benefits should already make it a favourite in your daily vitamins, however, keeping your breast tissues healthy is another one added to the list. Low vitamin D levels are linked to higher risk of breast cancer. There are other ways to incorporate it into your diet such as consuming an increased amount of salmon, herring and sardines, egg yolks, mushrooms and other calcified foods. An increase in sunlight exposure is further beneficial to one's daily vitamin D intake.

Sunscreen

No matter how many times the message is repeated on social media, it is never said enough: wear sunscreen everyday! Sunscreen should not only be applied while on vacation in the islands, it should be part of your daily

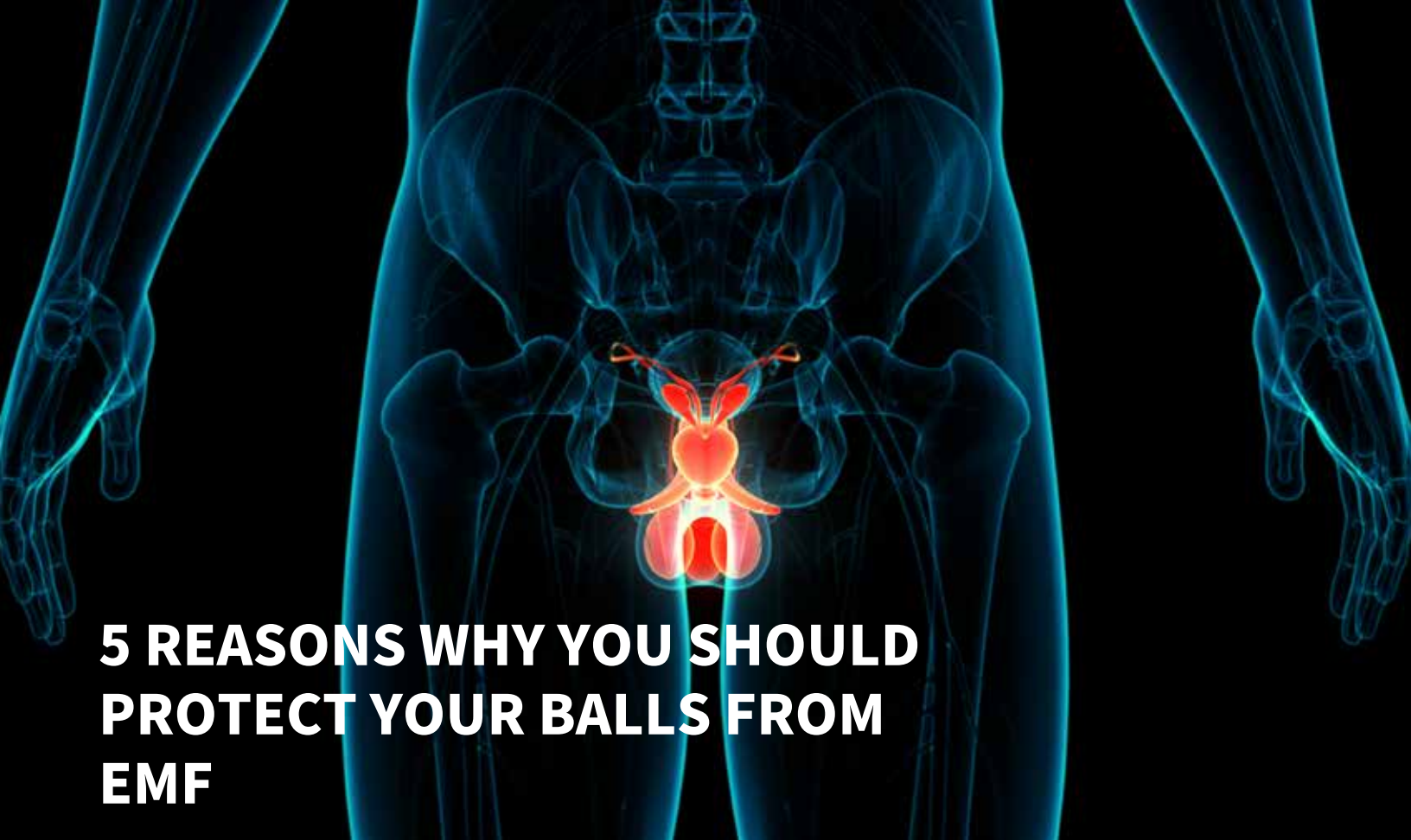
routine as it is the best product to use in order to keep your skin looking young. Your breasts are no different. Your skin is sensitive and deserves its necessary protection from the sun. SPF 30 or higher is recommended all year around by dermatologists in order to achieve full protection. The delicate skin of one's chest is often the first to get burned by the sun rays. Long Term sun exposure can lead to sagging, wrinkles and other skin appearance defects. Furthermore the risk of skin cancer is highly elevated by an overload of unprotected sun exposure. Start including sunscreen in your daily routine.

All in all...

Your breasts do so much for you, dedicate time for a little self love once in a while! Practicing self care makes you a better you, when you learn to love yourself the way you love others you'll feel better inside and out. Your breasts are not an isolated system, how you treat your body directly reflects on them, keeping them healthy is keeping you healthy.

- Matilda Spiegel





5 REASONS WHY YOU SHOULD PROTECT YOUR BALLS FROM EMF

Okay guys, listen up. (And all wives and girlfriends, please read this for you man if he won't.)

It's about time we came to terms with how modern tech is affecting man's most prized assets.

Religion, evolution, and politics aside, this is America and the facts are in. 5G is here, with some 4G and even less powerful electromagnetic frequencies ("EMF") having already been shown to do some serious damage.

People, please read every word of the fine print in the policy manuals of your smartphones, and protect yourself. You will thank you.

So, the manuals prescribe for you to keep the phone a certain distance from your body in order to comply with regulations and reduce liability. How are you supposed to use a phone without touching it though?

Before we all turn into zombies or cyborgs or whathaveyou on Mars, here are the five reasons why your balls need protection:

1. Preserve your manhood, and all that comes with it... Chest hair, muscle bods, and good ol' fashioned vitality.

A 2005 [study](#) in Turkey showed that cell phone EMF caused significant damage to testicular tissues, directly leading to lower testosterone production capacity. Another study in 2015 at the Bioelectromagnetic Laboratory also found that testosterone levels were significantly decreased in male rats when exposed to EMF from WiFi routers.

Bear in mind the testes of rats are 100x the size of man's relative to the rest of the body, and that the EMF levels used in independent studies is oftentimes 100x less than what are our balls are exposed to when using a data-enabled tablet near your lap. Or smartwatch, or video game controller, or when driving a car, or... you get the idea here.

A 1971 report done by the Naval Medical Research Institute has recently surfaced (found [here](#)) finding "tubular degeneration of

testicles”. And that’s with much weaker EMF that was used pre-cell phones, like AM radios. Wowza.

2. Strengthen your swimmers. Both quality, and quantity.

Prospective mothers and fathers beware - infertility rates are skyrocketing - up to 1 in 8 American couples are having trouble. Fertility stats have been halved since cell phones have been a thing, and men are the reason for infertility at least half the time.

Dr. Ashok Aggarwal of the Cleveland Clinic, and top-ranked fertility expert, attributes much of the societal decreases in sperm count, concentration, and motility directly to modern cell phone use, with all of its texting, gaming, and video watching.

A recent keyword search for “sperm” at a [leading database for EMF-related health studies](#) resulted in 827 studies and articles citing effects on sperm from EMF.

3. Make super babies! Er.. lower their risk of genetic abnormalities.

Here’s the memo: we’re evolving, still. Just at a much more rapid pace, and EMF is a major contributor to modern genetic mutations.

[Some scientists are going as far as claiming that damaged sperm from EMF is contributing to the autism epidemic](#) (albeit it is concentrated in tech hubs).

The studies are clear however; [showing damage to the DNA on sperm](#) and causing other sperm abnormalities like weird morphology. You and we don’t want conception happening with damaged sperm.

4. Extend your life. Preventative health, right?

While we’ve gotten much better at detecting cancer, and early, and stopping it before it spreads, male cancers are still up.

The jury in the mainstream media may still be out on whether cell phones can cause cancer, but the science is accumulating and the scientific community is rallying. This [\\$25 million study done by the U.S. Toxicology Program](#) found clear evidence of cancer from exposure to 2 and 3G cell phones.

This independent [study](#) showed elevated levels of oxidative stress, free radicals, and d-oxo-gb in the testes after exposure to EMF, a biomarker linked to testicular and prostate cancers. It won’t be long before personal injury lawyers come to the rescue as the reinsurance companies who insure the insurance companies who insure the industry aren’t covering consumer health claims from EMF. Nuh-uh, no way.

5. Perform where it matters most. In the sack!

Surprise, erectile dysfunction, another uptrending societal phenomenon and increasingly found in younger and younger men, is also linked to EMF.

Regardless of how men are using phones, this 2013 [study](#) found that men who carried their phones in their pockets were 2.6 more times likely to have ED and men with ED carried their phones in their pockets for three more hours per day those without ED.

You should also know that the balls are the most sensitive area of the body to EMF, exposure to the balls causes the most far-reaching effects, and that they’re the most vulnerable area given their position and how we use consumer electronics.

There is good news however! When exposure is reduced, damage to the testes has been shown to be reversible.

So how do you cover them?

Radiation-proof underwear!

Silicon Valley startup FONZ produces a super brief which includes a silky conductive EMF shield to protect your balls from radiation, and recommends it as your daily pair.

--Antonio Daniel Matos, GofOnz.



AUGMENTED REALITY CONTACT LENSES: A LOOK INTO THE FUTURE

Technology overpowers our daily lives in varying ways that often come as a surprise once one becomes aware of its impacts on daily tasks. As creative beings, we've mastered the art of imagination, coming up with gadgets, electronics and devices that years ago would have defied our idea of reality, of the impossible. Imagine a time traveler from the 20th century arriving head first in 2021, where we live alongside concepts such as gene editing, 3D printed artificial organs, bionic eyes... Such inventions would surely lead someone to believe our society lives in a science fiction action film.

Alongside these inventions, a new device could make an appearance as the technology of the future. Seemingly too good to be true, efficient, and entertaining, [augmented reality contact lenses](#) are the talk of the future. Such devices would allow us to see information about the world around us with a simple look, help us zoom into tiny texts, allow for night vision and can even turn into a virtual reality headset

simply by closing one's eyes.

Though it may seem to be a fictional prop of a futuristic movie, working prototypes have actually been created, they've got image and motion sensors as well as displays that hold 300 times more pixels than one's cell phone, all this directly on your retina. We're already familiar with similar prototypes such as Google Glass, however such devices are more awkward to wear in our everyday lives and require an outside power source such as a separate wearable device. Augmented reality contact lenses offer an even more advanced outlook on already existent devices and they could potentially even communicate directly with a smartphone.

So what could such a device mean for our advancing society? Firstly, it would aid the efficiency of society, making tasks big and small quicker and more precise, enhancing the quality of work of each contact lens user. Furthermore, a device with

such intelligence and efficiency can help the learning development of both children and adults alike. We don't stop learning as soon as we hit the age of 18, and even as adults we have a lot to learn. A device that simply divulges information with a single look around your surroundings can help our brain register the content and help us become more knowledgeable about the world around us.

Additionally, Night vision, though it may sound like a bionic superpower, would make our lives not only easier but also elevate our level of safety. Accidents such as car crashes would be more easily avoided, saving the lives of many. Finally, a virtual reality set adds an entertainment aspect to the device, making it fun and engaging for all users.

Devices like the augmented reality contact lenses are just slightly out of reach but incredibly closer than a lot of us may have thought. As our society is slowly evolving into a science fiction movie, technology's benefits truly make us the advanced civilization we already consider ourselves, constantly evolving. We must accept such changes wholeheartedly with positivity and curiosity, as changes made with beneficial intent are what helps us truly upgrade our lifestyle. With augmented reality contact lenses, we are looking straight into our greatest potential.

- Matilda Spiegel



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